

Supporting other people

It can be hard for everyone to feel like they belong at work or in other places, especially when they're different from the people around them. You can make the people around you feel welcome by creating a supportive environment. A supportive environment is a place where everyone knows they belong and other people care about what they need and want.

Creating a supportive environment

Here are some things you can do to support the people around you.

Ask them what they need

Sometimes people need different kinds of support to make them feel welcome. If you're not sure how to support someone, you can ask them for ideas.

Support them even if they're not around

A supportive environment is supportive even when the person isn't there to see it. You can set an example for others by saying and doing things that support someone even if they're not in the room.

Talk to others if they're not being supportive

If you notice that other people aren't supporting someone, try reminding them that it's important to be supportive. Or try talking to them about your concerns.